Chapter 5
Philosophy and Theories for Interdisciplinary Psychiatric Care

Holistic Practice: Expanded Role for Nurses

- What does it mean to be a psychiatric–mental health nurse?
- What are the major concerns for the care of clients who have identified mental disorders?

Box 5.2 Humanism: Philisophic Premises

1. The human being’s need is intrinsically connected with the body.
2. Human beings have the power or potential to solve their own problems.
3. Humans being, while influenced by the past, possess freedom of choice and action and are, within certain limits, masters of their own destinies.
4. Human values are grounded in life experiences and relationships, and our highest goal must be the happiness, freedom, and growth of all people.
5. Individuals strive for being and a high quality of life by humanely combining personal satisfactions with activities that contribute to the welfare of the community.
6. We should develop art and aesthetics of beauty so that the aesthetic experience becomes a pervasive reality in people’s lives.
7. We should apply science, and democratic procedures in all areas of life.
8. We must continually examine our basic convictions, including those of humanity.

Box 5.2 Humanism: Philisophic Premises
Psychobiology

- Knowledge about brain, mind, spirit, and behavior
- Research into how genetics, immunology, biorhythms, brain structure, and brain chemistry influence mental disorders
- New imaging techniques
- New medications and interventions

Symbolic Interactionism
Herbert Blumer (1969)

- Basic Premises of Interactionism
  - Life experiences have different meanings for different people.
  - We learn meanings during our experiences with others.
  - Meanings are modified through an interpretive process.

Nursing Implications

- Interactionism
  - Individuals have purpose and control.
  - Humanistic cast
  - Interaction of psychology, psychobiology, and sociocultural contexts
Nursing Implications - continued

- Humanism
  - Devotion to individual interests
  - Spirit of compassion and caring
  - Affirming of the joy, beauty, and value of living

Nursing Implications - continued

- Humanistic interactionism
  - Interrelated physical and mental factors
  - Holistic
  - Expanded role for psychiatric-mental health nurses
  - Client and family role includes negotiation and advocacy.

Nursing Implications - continued

- Psychobiology
  - Focus on biological, medical, and human aspects of care.
  - Holistic
  - Integrative
    - New knowledge
    - “High tech” and “high touch”
    - Nature and nurture
    - Biologic sciences and behavioral sciences
Medical-Psychobiologic Theory

- Key concepts
  - Emotional disturbance indicates illness or defect.
  - Illnesses are located in the brain or central nervous system.
  - Illnesses have specific characteristics.

Medical-Psychobiologic Theory - continued

- Key concepts - continued
  - Mental diseases have a characteristic course.
  - Mental disorders respond to physical or somatic treatments.
  - Psychobiologic explanations reduce stigma.

Psychoanalytic Theory

Sigmund Freud:
- All psychological emotional events can be understood.
- Childhood experiences → adult neuroses
- Goal of therapy is gaining insight.
Figure 5.2 Levels of awareness in relation to id, ego, and superego.

Table 5.1 Freud's Psychosexual Stages

<table>
<thead>
<tr>
<th>Stage</th>
<th>Age Range</th>
<th>Key Concepts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral</td>
<td>0-18 months</td>
<td>Sustenance and anxiety management from oral activity</td>
</tr>
<tr>
<td>Anal</td>
<td>18 months-3 years</td>
<td>Learning to control for toilet training, gender identification and genital awareness</td>
</tr>
<tr>
<td>Phallic</td>
<td>3-4 years</td>
<td>Repression of sexuality</td>
</tr>
<tr>
<td>latency</td>
<td>4-12 years</td>
<td>Regression of sexuality</td>
</tr>
<tr>
<td>Genital</td>
<td>12 years and adult</td>
<td>Channeling sexuality into emotional and relational aspects with members of the opposite sex</td>
</tr>
</tbody>
</table>

Cognitive Behaviorist Concepts

- Roots in psychology and neurophysiology
- Neuroses and psychoses are clusters of learned behaviors that persist because they are rewarding to the individual.
- Focus on clients learning new skills.
Cognitive Behaviorist Concepts - continued

- Pavlov
  - Conditioned response
  - Reinforcement
- Skinner

Social–Interpersonal Theories

Two congruent schools of thought

1. Interpersonal–Psychiatric Theory
   - Adolf Meyer
   - Harry Stack Sullivan: interpersonal theory
     - Self-system
     - Reflected appraisals [good-me/bad-me/not-me]
Table 5.3 Sullivan's Stages of Interpersonal Development

<table>
<thead>
<tr>
<th>Age</th>
<th>Stage</th>
<th>Task/Key Concept</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baby (14 months to appearance of speech)</td>
<td>Infancy</td>
<td>Experience anxiety, interaction with nurse figure; learns to use maternal tolerance to gain security and avoid anxiety; learns to delay gratification in response to interpersonal demands, use language and action to avoid anxiety. Develop peer relationships and self-environment outside the family to share self.</td>
</tr>
<tr>
<td>18 months</td>
<td>Childhood</td>
<td>Develop peer relationships and self-environment outside the family to share self.</td>
</tr>
<tr>
<td>6-7 years</td>
<td>Precedence</td>
<td>Develop a caring relationship with same-sex peers, shares relationships.</td>
</tr>
<tr>
<td>12-14 years</td>
<td>Early adulthood</td>
<td>Develop interest in opposite sex relationships.</td>
</tr>
<tr>
<td>16-21 years</td>
<td>Late adulthood</td>
<td>Peer satisfying relationships, shares sexual impulses.</td>
</tr>
<tr>
<td>21 years +</td>
<td>Adulthood</td>
<td>Establishes a love relationship.</td>
</tr>
</tbody>
</table>

Table 5.4 Erikson's Eight Developmental Stages

<table>
<thead>
<tr>
<th>Age</th>
<th>Stage</th>
<th>Task/Key Concept</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth</td>
<td>Infancy</td>
<td>Task/Key Concept: Trust versus mistrust.</td>
</tr>
<tr>
<td>1-2 years</td>
<td>Toddler</td>
<td>Healthy versus irrigated.</td>
</tr>
<tr>
<td>3-4 years</td>
<td>Early Childhood</td>
<td>Autonomy versus shame and doubt.</td>
</tr>
<tr>
<td>5-6 years</td>
<td>Late Childhood</td>
<td>Initiative versus guilt.</td>
</tr>
<tr>
<td>6-12 years</td>
<td>School Age</td>
<td>Industry versus inferiority.</td>
</tr>
<tr>
<td>12-18 years</td>
<td>Adolescence</td>
<td>Identity versus identity crisis.</td>
</tr>
<tr>
<td>18-25 years</td>
<td>Young adulthood</td>
<td>Intimacy versus ischemia.</td>
</tr>
<tr>
<td>25-45 years</td>
<td>Middle Age</td>
<td>Generativity versus stagnation.</td>
</tr>
<tr>
<td>45-65 years</td>
<td>Old Age</td>
<td>Integrity versus despair.</td>
</tr>
<tr>
<td>65 years +</td>
<td>Death</td>
<td>Acceptance of the worth and uniqueness of one's life; sense of loss, contentment in others.</td>
</tr>
</tbody>
</table>

Social–Interpersonal Theories - continued

2. Social/Cultural Conditions
   - Adler: social/cultural influence on behavior
   - Erikson: biologic instincts + cultural and interpersonal
   - Maslow: self-actualization and hierarchy-of-needs
Figure 5.3 Maslow’s hierarchy of needs.

Social–Interpersonal Theories - continued

- General Systems Theory
  - Menninger
- Ego Theory
- Motivation
- Homeostasis

Implications for Practice

- Medical-psychobiologic theory
  - Continued use of biologic theory
  - Private analysis or hospital setting for care
  - Research into biologic transmission, biochemical and metabolic variables
  - Dominance of the psychiatrist
Implications for Practice - continued

- Psychoanalytic theory
  - Requires high functioning
  - Accessibility problems
  - Nurses have limited role

Implications for Practice - continued

- Cognitive behavioral theory
  - Behavior modification is a complex issue.
  - Token economies
  - Replacement of maladaptive behaviors
  - Empowering individuals
  - Teaching others

Implications for Practice - continued

- Social-interpersonal theories
  - Nursing roles
  - Therapeutic interventions
  - Access to services
Implications for Practice - continued

- Social-interpersonal theories - continued
  - Holistic approaches
  - Broad definition of clients
  - Primary prevention
  - Therapy goals
  - Autonomous practice

Table 5.5 Comparison of Major Features of Traditional Psychiatric Theories

<table>
<thead>
<tr>
<th>Theory</th>
<th>Assessment Base</th>
<th>Problem Statement</th>
<th>Goal</th>
<th>Dominant Intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical-psychological</td>
<td>Individual client symptoms</td>
<td>Causal</td>
<td>Symptom management, cure</td>
<td>Pharmacotherapy and other biological therapies</td>
</tr>
<tr>
<td>Psychoanalytic</td>
<td>Intrapsychic, intrasexual</td>
<td>Conflict</td>
<td>Insight</td>
<td>Psychoanalysis</td>
</tr>
<tr>
<td>Cognitive-behavioral</td>
<td>Behavior</td>
<td>Learning deficit</td>
<td>Behavioral change</td>
<td>Behavior modification or conditioning</td>
</tr>
<tr>
<td>Social-interpersonal</td>
<td>Interpersonal conflict</td>
<td>Interpersonal dysfunction</td>
<td>Enhanced awareness and quality of interpersonal interactions</td>
<td>Group family, extended networks</td>
</tr>
</tbody>
</table>

Resources

- [http://ispn-psych.org](http://ispn-psych.org)
  The International Society of Psychiatric-Mental Health Nurses site provides for networking opportunities and information about news, events, publications, and public policy impacting the practice of psychiatric nursing.

- [http://www.nami.org](http://www.nami.org)
  The National Alliance on Mental Illness is the largest grassroots organization in the U.S. for people with mental illness and their families. NAMI is dedicated to the eradication of mental illnesses and to the improvement of the quality of life for persons of all ages who are affected by mental illnesses.
Resources - continued

  This National Institute of Mental Health (NIMH) link provides current information about mental health, research, and treatment.

- [http://www.nrc-pad.org](http://www.nrc-pad.org)
  This National Resource Center on Psychiatric Advance Directives link contains information about psychiatric advance directives, relatively new legal instruments that document a competent person’s instructions regarding future mental health treatment.